

## AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY) W/ DE NOVO PATELLA/TROCHLEA REHABILITATION PROTOCOL

|                                | <b>WEIGHT BEARING</b>  | <b>BRACE</b>   | <b>ROM</b>   | <b>EXERCISES</b>  |
|--------------------------------|--|--|--|---|
| <b>PHASE I</b><br>0-2 weeks    | Heel-touch only  | Locked in full extension at all times*<br><br>Off for hygiene and home exercise only                               | Gentle passive 0-45°<br><br>CPM 0-30°  | Quad sets, patellar mobs, SLR, calf pumps at home<br><br>CPM at home  |
| <b>PHASE II</b><br>2-8 weeks   | <b>2-6 weeks:</b><br>Heel- touch only<br><br><b>6-8 weeks:</b> Advance 25% weekly until full | <b>2-4 weeks:</b><br>Unlocked 0-45°<br><br><b>4-6 weeks:</b><br>Unlocked 0-90°<br><br>Discontinue brace at 6 weeks | <b>2-4 weeks:</b> CPM 0-60°<br><br><b>4-6 weeks:</b> CPM 0-90°<br><br>Advance ROM as tolerated when non-WB | <b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching<br><br><b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings<br><br>Advance core, glutes and pelvic stability |
| <b>PHASE III</b><br>8-12 weeks | Full   | None   | Full   | Progress closed chain activities<br><br>Advance hamstring work, proprioception/balance exercises; hip/core/glutes<br><br>Begin stationary bike at 10 wk   |
| <b>PHASE IV</b><br>12-24 weeks | Full   | None   | Full   | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises<br><br>Advance core/glutes and balance   |
| <b>PHASE V</b><br>6-12 months  | Full   | None   | Full   | Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD  |

\*Brace may be removed for sleeping after first post-operative visit (day 7-14)